

Name: \_\_\_\_\_

Period: \_\_\_\_\_

### Understanding the Dietary Guidelines

#### 1. Adequate N                      Within Calorie Needs

1. What are empty calories?
2. What are examples of nutrient dense beverages?
3. What is a good balanced eating plan?

#### 2. W                      Management

4. What is the best way to determine healthy weight?
5. At what age should your weight be a concern to you?
6. What is the best way to prevent gradual weight gain over time?

#### 3. Physical A

7. How much exercise should teenagers get above normal daily activities?
8. What 3 types of exercise should you include in healthy physical activity?

#### 4. Food Groups to E

9. What 3 food groups do they encourage?
10. Why do they encourage those groups over others?

#### 5. Fats

11. What is an oil? \_\_\_\_\_
12. What is fat? \_\_\_\_\_
13. What are trans fatty acids? \_\_\_\_\_
14. What new fat is required on food labels? \_\_\_\_\_
15. Give an example of a low-fat and high fat food from each food group:

Low-fat

High-fat

Grains:

Fruits:

Vegetables:

Dairy:

Meats:

6. C -Limit Sugar

16. Which has more fiber - an orange or orange juice? \_\_\_\_\_
17. Which has more fiber - whole wheat bread or white bread? \_\_\_\_\_
18. Choose \_\_\_\_\_-rich fruits, vegetables, and whole grains more often.
19. The ingredient label must have the word " \_\_\_\_\_ " on it if it is a \_\_\_\_\_ grain.
20. Circle the following foods that are whole grain foods:

White Rice

Brown Rice

Oatmeal

Popcorn

White Bread

Wheat Bread

Whole Wheat Bread

Wheat Pancakes

Buttermilk Pancakes

Whole Wheat Pancakes

21. Circle the ingredient list that would have whole grains in it:

**Ingredients:** Whole Wheat Flour, Water  
High Fructose Corn Syrup, Wheat Gluten,  
Soybean and/or Canola Oil, Yeast, Salt  
Honey.

**Ingredients:** Rice, Wheat Gluten, Salt,  
High Fructose Corn Syrup, Malt Flavoring,  
Calcium.

22. What are 10 names of sugars:

-  
-  
-  
-  
-

23. Place the following cereals in order of their sugar content, #1 with the least amount and #10 with the most.

\_\_\_\_\_ Special K  
\_\_\_\_\_ Cheerios  
\_\_\_\_\_ Cap 'N Crunch  
\_\_\_\_\_ Lucky Charms  
\_\_\_\_\_ Life  
\_\_\_\_\_ Sugar Pops  
\_\_\_\_\_ Rice Chex  
\_\_\_\_\_ Fruit Loops  
\_\_\_\_\_ Shredded Wheat  
\_\_\_\_\_ Fruity Pebbles

7. Sodium and P

24. What is another name for sodium? \_\_\_\_\_

25. Sodium affects a persons \_\_\_\_\_ Pressure.

26. List 3 ways to lower sodium in the diet:

-

-

-

27. Which food groups are high in potassium? \_\_\_\_\_

### 8. Food S

28. What is one of the best ways to protect yourself from contaminating foods?

29. Give guidelines for the following:

Clean:

Separate:

Cook:

Chill:

10. What is food borne illness?

11. List 3 food safety guidelines that will help keep food safe to eat.

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- 
- 

Choose Sensibly

12.

13.

14.

15.

16.

17.

18.

Sign-up For Dietary Guideline Skits

Aim for a healthy weight

- 1-
- 2-
- 3-
- 4-

Be physically active each day

- 1-
- 2-
- 3-
- 4-

Let the Pryamid guide your food choices

- 1-

- 2-
- 3-
- 4-

Choose a variety of grains daily, especially whole grains

- 1-
- 2-
- 3-
- 4-

Choose a variety of fruits and vegetables daily

- 1-
- 2-
- 3-
- 4-

Keep food safe to eat

- 1-
- 2-
- 3-
- 4-

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat

- 1-
- 2-
- 3-
- 4-

Choose and prepare foods with less salt

- 1-
- 2-
- 3-
- 4-